



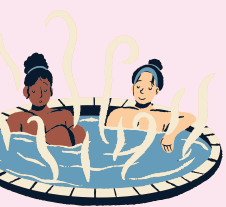
SAN DIEGO MESA COLLEGE



SELF-CARE TIME MANAGEMENT



- PRIORITIZE YOUR SCHEDULE.
- FORMULATE TIME-MANAGEMENT.
- TAKING CARE & BENEFITING FROM YOUR MENTAL HEALTH.



OCTOBER 7TH & 28TH

10:00-11:00

AVANZA WORKSHOP ROOM
(14-202)

ZOOM ID: 859 4383 3195



DISABILITY RELATED ACCOMMODATIONS SHOULD BE MADE FIVE DAYS
PRIOR TO THE EVENT VIA EMAIL AT [MESACRUISE@SDCCD.EDU](mailto:mesacruise@sdccd.edu)
FOR MORE INFORMATION PLEASE CONTACT (619)388-2757